


Swimming Timetable

Great Dunmow Leisure Centre

Accurate as of 15/05/2024

Times for Friday 18 September			
Time	Session	Facility	
6:00 am - 9:15 am	Lane Swimming	Main Pool	
9:15 am - 10:00 am	Aquafit	Main Pool	
10:00 am - 10:30 am	Deep End Swim Only	Main Pool	
10:00 am - 10:30 am	Adult and Child	Main Pool	
10:30 am - 2:30 pm	General Swim	Main Pool	
2:30 pm - 3:30 pm	Adult Swim	Main Pool	
3:30 pm - 3:55 pm	General Swim	Main Pool	
4:00 pm - 6:30 pm	Swim School	Main Pool	
6:45 pm - 8:30 pm	General Swim	Main Pool	
8:30 pm - 9:15 pm	Ladies Only Session	Main Pool	
9:15 pm - 9:50 pm	Adult Swim	Main Pool	